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June 2001

### The NEBLINE, June 2001

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## Grilling It Safely!



pounds of meat in the refrigerator.

5. Clean up juice spills immediately so a raw product does not get on a cooked product. Juice spills should be cleaned with a paper towel. If using a dishcloth to wipe up raw meat or poultry juices, wash it in hot soapy water before using it again.

6. Marinate meat and poultry in the refrigerator. Sauce can be

brushed on these foods while cooking, but never use the same sauce after cooking that has touched the raw product.

7. Make ground beef patties about 1/2 inch thick by 4 inches in diameter (4 oz. or 4 patties per pound). This helps assure they cook thoroughly and evenly. The National Cattlemen's Beef Association (NCBA) advises patties this size will take 11 to 13 minutes to cook to a safe temperature of 160 degrees F based on beef that has been removed directly from the refrigerator; cooked over medium, ash-covered coals and grilled uncovered ([www.beef.org](http://www.beef.org)). NCBA advises you consult your owner's manual for grilling guides for gas grills as brands vary greatly.

8. Unwashed hands are a prime cause of food-borne illness. Whenever possible, wash your hands with hot, soapy water for 20 seconds before handling food. When eating away from home, pack disposable wipes for cleaning hands if no handwashing

facilities are available.

9. Transport meat and poultry to a picnic site in a cooler kept cold with ice or frozen gel packs. Pack food and cooler immediately before leaving home. Avoid frequently opening the cooler. Pack beverages in one cooler and perishables in another. Keep cooler in an air-conditioned vehicle for transporting and then keep in the shade or shelter at the picnic site. Remove at one

time only the amount of food that will fit on the grill. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits and vegetables.

10. Cooking is the key to meat and poultry safety. If needed, scrape the grill before grilling. Heat the grill to kill microorganisms before placing meat or poultry on it.

11. Cook ground beef patties until brown in the middle and juices are clearish with no pink in them when you cut into the meat (160 degrees F). A hamburger can be brown in the middle and still be undercooked. Help assure doneness by following the guidelines in number 7. The most accurate way to determine doneness is with an instant-read thermometer.

While the U. S. Department of Agriculture (USDA) recommends ground meats should be heated to 160 degrees F to kill

microorganisms, the temperature for a steak can be 145 degrees F for "medium rare." A "medium" steak is cooked to 160 degrees F and a "well done" steak is cooked to 170 degrees F. Use a tongs or spatula to turn steaks rather than a fork which punctures the meat and introduces bacteria into the interior of the meat.

Whole poultry should be cooked to 180 degrees F in the thigh. Breast meat should be cooked to 170 degrees F. When poultry is done cooking, juices will run clear with no pink when you cut into the meat.

If you're preparing steaks, ground meat and/or poultry at the same time, use a different knife, utensil, or thermometer to check for doneness. For example, don't use the same thermometer to test steaks that you used for hamburgers. Remember to wash thermometers in hot soapy water and hot rinse water before and after use.

12. Adding sauces or spices to meat may make it look brown before it is done. Brush or sprinkle sauces/spices on the surface of cooked burgers.

13. Cook meat and poultry completely at the picnic site. Partial cooking of foods ahead of time allows bacteria to survive and multiply to the point that subsequent cooking may not destroy them.

14. Use a separate clean tongs or spatula for removing meat or poultry from the grill and place on a clean plate to avoid cross-contamination with uncooked meat.

15. Discard any food left out for more than two hours or one hour if the temperature is above 90 degrees F. When in doubt, throw it out!

### Alice Henneman

Extension Educator, NU  
Lancaster County Extension  
&

### Joyce Jensen

Environmental Health  
Specialist, Lincoln-Lancaster  
County Health Department

With the return of warm weather, it's time for gathering around the grill and enjoying good times with friends and family. Don't let a food-borne illness spoil your fun. Follow these checkpoints for safe grilling from Alice Henneman, NU Lancaster County Extension and Joyce Jensen, Lincoln-Lancaster County Health Department the next time you fire up the grill.

1. When shopping, choose meat and poultry last, and don't put them in the trunk. The temperature there is too hot and bacteria will grow rapidly. Don't let meat set out for longer than one hour during warm weather. If meat sets out too long, bacteria can produce toxins that can cause illness and stay active even during cooking.

2. Refrigerate meat and poultry immediately upon arriving home.

3. Purchase ground meat or poultry no more than a day or two before you plan to grill it. Otherwise, freeze them. Grill larger cuts of meat, such as steaks, within 4 days of purchase or freeze them.

4. Completely thaw meat and poultry in the refrigerator or just prior to cooking in a microwave. Frozen foods do not grill evenly and may be unsafe. Never defrost on the counter—bacteria will begin to grow. It takes about 24 hours to thaw 5

## In this issue...

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## Handling Food Safely on the Road

V-A-C-A-T-I-O-N! Oh, how we long for that eight letter word every summer, when millions of us eagerly get away from school and work. We take to the road in cars or recreational vehicles; live on boats; relax in beach or mountain vacation homes; and camp.

No matter where we go or what we do, there is a common denominator that runs through all of our summer travels and relaxation—it's called F-O-O-D!

The "road" to food safety, however, can either be a

bumpy one or smooth—depending on what precautions are taken handling meals as we travel this summer.

The U.S. Department of Agriculture Food Safety and Inspection Service (USDA/FSIS) reminds everyone that some simple, common-sense food safety rules can save a vacation from disaster. Following this advice could make the difference between a vacation to remember and one that is remembered because people got sick from improperly handled food.

First, some general rules, while traveling this summer:

### Plan Ahead...

If you are traveling longer than 30 minutes with perishable food, place it in a cooler with ice or freezer packs. When carrying drinks, consider packing them in a separate cooler so the food cooler is not opened frequently. Have plenty of ice or frozen gel-packs on hand before starting to pack food. If you take perishable foods along (for example, meat, poultry, eggs, and salads) for eating on the road or to cook at your vacation spot, plan to keep everything on ice in your cooler. Are there refrigerators at the

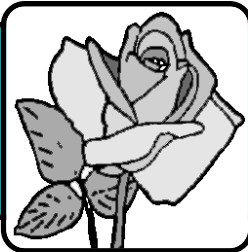
beach house or other vacation home?

### Pack Safely...

Pack perishable foods directly from the refrigerator or freezer into the cooler. Meat and poultry may be packed while it is still frozen; that way it stays colder longer. Also, a full cooler will maintain its cold temperatures longer than one that is partially filled. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits.

See HANDLING on page 11



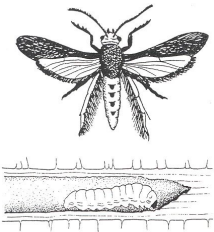


Horticulture

Watch for Squash Vine Borer

The squash vine borer is one of the most serious pests affecting squash and pumpkin vines. Injury is caused by the caterpillars boring into the tender, lower stems of the vines or bushes causing them to suddenly wilt a few weeks later.

Spray now to prevent loss of this year’s squash and pumpkin plants, since the adults deposit eggs on the young stems and leaves. Apply an insecticide to the base of squash or pumpkin plants weekly, beginning when the vines begin to run or bush begins to grow. Be sure to follow all label directions and precautions when using insecticides. (MJM)



Days Between Flowering and Harvest of Vegetables

The number of days between flowering and harvest for many vegetable crops offers a way of predicting harvest dates and explaining low yields or poor quality. The following predictions are only approximate because they can vary with weather conditions and different variety types.

Clip and save this for reference through out the gardening season. Here are some approximate number of days between flowering and harvest for a few of the common vegetables grown in Nebraska. (MJM)

Snap beans 10-14	Peppers (green stage) 45-55
Cucumbers (slicing) 15-18	Peppers (red stage) 60-70
Cucumbers (pickling) 4-8	Pumpkin 80-110
Muskmelon 40-45	Zucchini squash 4-5
Edible podded peas 7-14	Winter squash 60-70
Hulled peas 14-20	Tomatoes (red ripe) 45-50
Sweet Corn 18-23 (from 50% silking)	

Zoo Garden

A traditional family outing when I was a little one was going to the zoo. We would pack a picnic lunch and spend the day riding the train and looking at the animals. The petting farm was always a favorite stop. Once, when I was about three, I was happily petting a baby goat. Suddenly I realized, to my great distress, another little goat was behind me chewing on the hem of my cute sailor dress. Needless to say, I was not happy about it.

Gardeners can create their own zoo in the landscape. There is a variety of annual and perennial flowers that have an animal name. You will not have to worry about these residents escaping or chewing on your clothing.

For a sunny site consider planting butterfly flower, oxeye, monkey flower, cockscomb and toad flax. These plants all have warm, brightly colored blooms. In a shadier site in the landscape, group together cowslip, cranesbill, dog-tooth violet, toad lily and turtlehead. The flowers on these plants have cool color shades that blend well together.

Once your new garden is completed, pack up a picnic lunch and visit the zoo in your own backyard. Enjoy yourself, but don’t sit next to the goatsbeard! (MJM)

Common Name	Scientific Name	Height	Site
bear’s breeches	Acanthus spinosus	36-48"	part sun
bee balm	Monarda didyma	24-48"	sun-part sun
butterfly flower	Asclepias tuberosa	18-36"	sun
cardinal flower	Lobelia cardinalis	24"	sun-part sun
catnip	Nepeta cataria	24-36"	sun-part sun
cockscomb	Celosia cristata	6-24"	sun
cowslip	Primula veris	12-24"	sun-part sun
cranesbill	Geranium himalayense	10-15"	sun-part sun
crowfoot	Ranunculus repens	12-18"	part sun-shade
dog-tooth violet	Erthronium americanum	12"	part sun
foxglove	Digitalis purpurea	48-60"	part sun
goatsbeard	Aruncus dioicus	24-60"	sun-part sun
hen-and-chickens	Sempervivum tectorum	3-4"	sun
horehound	Marrubium vulgare	18-30"	sun
horsemint	Monarda fistulosa	24-48"	sun-part sun
lamb’s ear	Stachys byzantina	12-15"	sun
larkspur	Delphinium elatum	48-60"	sun
leopard’s bane	Doronicum cordatum	12-24"	part sun
monkey flower	Mimulus guttatus	12-24"	sun
oxeye	Heliopsis helianthoides	36-60"	sun
pig squeak	Bergenia cordifolia	12"	sun-part sun
pheasant’s eye pink	Dianthus plumarius	12"	sun
red robin	Geranium robertianum	12-18"	part sun
snakeroot	Asarum canadense	4-6"	shade
Solomon’s seal	Polygonatum odoratum	18-24"	part sun-shade
spider flower	Cleome hasslerana	36-48"	sun
toad lily	Inaria Maroccana	12"	sun
toadflax	Tricyrtis hirta	24-36"	part sun-shade
turtlehead	Chelone lyonii	24-36"	part sun
wake-robin	Trillium grandiflorum	8-18"	part sun-shade

Horticulture information center

NUFACTS  
24 hours a day, 7 days a week  
1-800-832-5441; or  
441-7188 in the Lincoln area



To listen to a NUFACTS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-7180 to receive a brochure with all the NUFACTS message topics. (MJM)

- NUFACTS
- 111 Tree Borer Insects
- 123 Bronze Birch Borer Control
- 125 Needle Blight of Pines
- 128 Iron Chlorosis of Pin Oak
- 139 Rabbit Damage To Plants
- 140 Mite Injury
- 142 Bagworms
- 157 Black Spot On Roses
- 173 Rose Fertilizing
- 196 Moss Problems
- 197 Growing Grass in Shade
- 198 Mushrooms in Lawn
- 200 Broadleaf Weed Control
- 203 Nutsedge in Lawns
- 231 Apple Maggot Control
- 233 Raspberry Anthracnose
- 274 Tomatoes
- 277 Squash Vine Borer
- 278 Vegetable Pest Control
- 279 Tomato Problems

Night Blooming Flowers Offer Evening Enjoyment

During the day, most people are hard at work and don’t have time to enjoy their gardens. Evenings may be the only time you get a chance to sit back and relax. What could be more relaxing at the end of a long day than a fragrant, luminous garden?

Gardens designed for evening enjoyment are called moon gardens. Plants used in moon gardens have one or more of the following characteristics: evening bloom time, fragrance, and white flowers or foliage.

Plants that bloom in the late afternoon or night allow for evening enjoyment. Fragrant flowers provide aromatherapy at the end of a hard day. Illuminated only by moonlight, white or pale flowers, and foliage add an celestial quality to a garden.

Several night-blooming flowers ideal for a moon garden are listed below. Night blooming flowers rely on a strong fragrance, rather than bright colors,

to attract pollinators. Other plant possibilities for a moon garden include artemesia, lamb’s ear, fragrant roses, dusty miller, and white flowered annuals and perennials.

Moonflower (Ipomea alba)— This fragrant flowering vine has large heart shaped leaves. Showy flowers open in the evening and last until the next morning. Moonflowers have a sweet fragrance and can be up to five to six inches across. Closely related to morning glory, this quick growing annual may climb to 15 feet. Although it takes a longer and warmer soil conditions to become established, it is every bit as vigorous as the morning glory.

Four o’clocks (Mirabilis jalapa)— This flower is appropriately named. Its blossoms open in late afternoon, scenting the air with a sweet fragrance before closing the next morning. Plants grow to three-feet tall with a bushy habit and blossom

continuously from late spring through fall. The 1-inch trumpet-shaped flowers come in shades of red, yellow, white, or rose.

Yucca (Yucca filamentosa)— Flowers of this spiky perennial are open all day but at night the droopy blossoms lift and release a soapy smell. Yucca is a broad leaved evergreen that forms a low cluster of long, pointed leaves. During the growing season, a long stalk will grow to six feet tall and produce large numbers of white bell shaped flowers. Once established it may be difficult to remove from the landscape. Yucca is hardy in zones 4 to 9.

Flowering tobacco (Nicotiana glauca)— Nicotiana is an annual plant that produces fragrant, tubular flowers that open in evening. Flowers are borne on draping branches and come in pink, purple, red, white, and yellow. Plants grow in any garden soil and prefer full sun to partial shade. (MJM)

# Hey Kids! Out of School and Already Bored? Try Rearing Butterflies and Moths

Barb Ogg  
Extension Educator

Rearing caterpillars can be an interesting past time and one way to acquire undamaged specimens for a collection. It is also inexpensive and good learning experience for kids who enjoy nature.

Butterflies and moth larvae are hard to find, but looking for known food plants can make the task easier. Different swallowtail caterpillars eat parsley, dill, carrot and parsnip greens. Look for monarch caterpillars on milkweed plants. Many large moth caterpillars like tomato hornworms produce large amounts of frass (insect droppings). Carefully look above piles of frass for damaged leaves and the caterpillar. A list of plants where you may find butterfly larvae are listed below.

Before removing the larva from the plant, make sure you have access to plenty of fresh food plant for it to eat because the caterpillars may feed for several days to a week or more. If this is on someone else's property, be sure to ask before you pick leaves from plants. It may be against the law to remove insects/plants in state and national parks and preserves. Ask first.

You will need an aquarium or large wide mouthed jar with a lid. Perforate the lid or use a wide mouth jar ring with a screen.

Nearly all butterflies and moth larvae eat plants. Since they are often very selective about what they will eat, it is important to note the plant on which they are found and keep fresh plant material available at all times. Depending on their size, the larva will eat one or more leaves of their food plant every day. The larger the larva, the more it will eat, so make sure you have access to plenty of their food plant. Cuttings can be stored in a plastic bag misted with water in the refrigerator.

Because larvae obtain all of the water they need from their food plant, it is important to keep cuttings from the food plant fresh by placing the cut ends in narrow mouthed bottles of water. Always recut ends and quickly insert into water when transferring to a new container of water. When replacing old food plant, gently remove leaves or stems that the larvae are not sitting on and replace with

fresh (unwilted) material. If the larvae are not eating, you either have identified the wrong food plant or the plant is too wilted and undesirable.

When the adult emerges from the pupa, a humid environment is required to allow the wings to expand normally. Placing a damp sponge in the cage when adult emergence is expected should provide sufficient humidity. If the container's lid is screened, place a piece of plastic over it to increase humidity. Make sure mold does not become established in this environment.

Lepidopteran larvae are eating machines and consequently pooping machines. Frass (i.e., insect droppings) needs to be removed to discourage mold. Gently remove water container and dump out frass. Every time you change the food plant, rinse out container and dry. Also change the water in the container for the food plant.

People often find caterpillars when the fully grown larvae are searching for a place to pupate (called the wandering stage). If you do not know what kind of lepidopteran you have, you should provide each of the following in your rearing container.

1.) Several sticks securely leaning against the side of the container to help the larva spin a cocoon or attach a chrysalis.

2.) Moist paper toweling or one to two inches of moist sand or soil for species which pupate in the soil (usually moths).

If you find a chrysalis hanging from a leaf or stem, you will need to somehow hang it from the top of the rearing container. You can break off the twig that the chrysalis is attached to and then tape or wire it onto the lid or shoulder of the jar. Sometimes you can just lean the twig against the inside of the jar, but make sure there is enough room for the butterfly to hang upside down from the chrysalis and spread its wings. Breaking a chrysalis off the twig will probably kill the butterfly inside it.

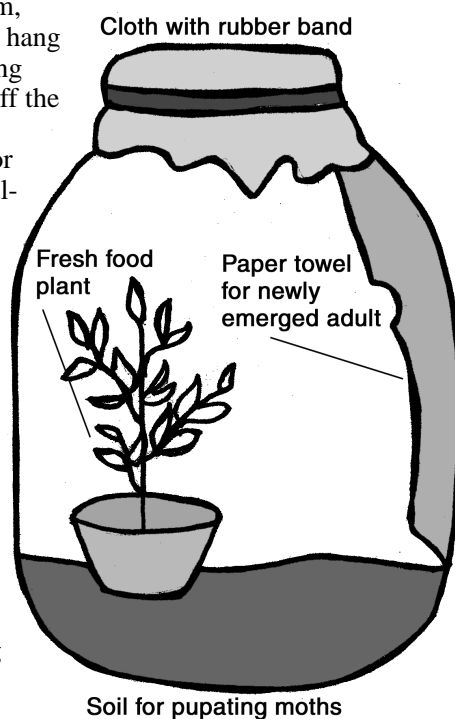
Larvae of most Lepidoptera are harmless. Some larvae react to being touched by rearing up one

end of the body, and some may expose odoriferous glands, which are harmless to humans. Both actions are intended to repel predators. Newly hatched larvae can be transferred with a small paint brush. Adults have delicate wings that can be damaged by handling.

Some larvae have branched spines that can sting. Hairly larvae such as the woolly bears, which have abundant straight hairs, are harmless. Single spines are not a problem. Do not handle the container or disturb larvae when they are molting. They are very susceptible to damage during this vulnerable transition. The same applies to the larva when it is becoming a pupa. Make sure the holes in the water container are not too big. Lepidoptera larvae are not particularly wary and young larvae may wander down the stem and drown.

Sometimes caterpillars will be parasitized before you collect them. They may feed and pupate in your rearing container, but, the parasite—usually flies or wasps—will emerge instead of a butterfly or moth. Parasitism is very common in nature and shows how important biological control is in controlling insect populations. To make sure you will end up with a butterfly or moth, you may want to collect and rear several larvae.

For more information about how to attract butterflies to your yard, refer to NebGuide 1183, "Butterfly Gardening," available at extension offices throughout Nebraska.



## Environmental Focus



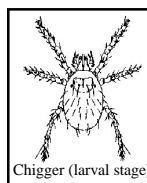
## Latex Paint Exchange: June 23

The Household Hazardous Waste Collection on June 23 is a place you can dispose of good, usable latex paint. It will be held from 9 a.m. to 3 p.m. at State Fair Park, parking lot northwest of Ag Hall. Please bring latex paint containers that are at least half full.

Other materials accepted are heavy metals, solvents, pesticides and PCB's. Only residents of Lincoln and Lancaster County can bring items to the collection site. Call the Lincoln-Lancaster County Health Department (441-8040) for more information about this program. (BPO)

## ‘Itchy Chiggers’

Soni Cochran  
Extension Associate



I have vivid memories of chiggers from my childhood. I can still remember standing in the bathroom with my sisters counting chigger bites. It was almost a contest to see who got the most welts—our prize after a fishing or camping trip, or exploration through the woods on the farm. "I've got 45 bites." "I've got over 60." Itchy. . .itchy. . .itchy!

Chiggers are the larval stage of the harvest mite. The adult harvest mite is easy to spot. You find them crawling on top of soil in the spring. They are a brilliant red and look like velvet. The adults are completely harmless—they don't bite. The tiny larval stage is parasitic on many animals including rodents, birds, poultry, rabbits, livestock, snakes, toads, and humans. You won't be able to see the chigger with your naked eye.

Chiggers are found among weeds and thick vegetation where there is moisture and shade. Parks, roadside ditches, tall grass areas, "fishing holes," and more are great locations to come in contact with chiggers. The tiny chigger moves quickly on the ground and crawls onto feet or legs. Once it is on your body, it moves until it finds a somewhat confined area. You can expect these bites around your socks, behind knees, under belts, the crotch/waistline especially under elastic bands. Sometimes chiggers can get to your upper body and under your armpits.

Chiggers become active in

June and look for them to be a part of your Fourth of July activities. By mid-late August, chiggers are becoming adults so they are less of a problem by late summer/fall.

Chiggers do not burrow into the skin but pierce it. They inject a fluid that keeps the blood from clotting. This fluid causes the reaction you have to the bite. In the "old days," my mom put clear fingernail polish on the welts to "kill the chigger." Unfortunately, this did nothing more than make me smell like nail polish (the stinging of the polish did feel good on my itchy bites). By the time the welt appears, the chigger is long gone. It has dropped to the ground, fully fed and waiting to develop into a larger non-parasitic nymph stage. Today, we recommend you avoid the nail polish and use over-the-counter lotions and ointments to get relief from the chigger bites.

It takes several hours for chiggers to settle down to bite. If you are in chigger-infested areas, showering or bathing soon after exposure can help wash chiggers off your body and prevent feeding. Make sure you wash your clothing so you don't get reinfested.

If you are going out into chigger-infested areas, use an insect repellent containing "DEET" (diethyltoluamide). Put the repellent on your socks, shoes, pant cuffs, ankles, legs, and around the waist.

If you would like more information on chiggers and their control around homes and landscape, call the extension office at 441-7180 and request a free copy of the fact sheet "Itchy Chiggers." You can also find this information on our web site at <http://lanaster.unl.edu>

## Some Common Butterfly Larval Host Plants:

Alfalfa - *Medicago sativa*  
Aster - *Aster spp.*  
Birch - *Betula spp.*  
Broccoli - *Brassica spp.*  
Butterfly Weed - *Asclepias tuberosa*  
Cabbage - *Brassica spp.*  
Cherry - *Prunus spp.*  
Chokecherry - *Prunus virginiana*  
Clover - *Melilotus spp.*, *Trifolium spp.*  
Common Sunflower - *Helianthus annuus*  
Cottonwood - *Populus deltoides*

Dill - *Anethum graveolens*  
Elm - *Ulmus spp.*  
Fetid Marigold - *Dyssodia papposa*  
Hackberry - *Celtis occidentalis*  
Hollyhock - *Alcea rosea*  
Lamb's Quarters - *Chenopodium album*  
Mallow - *Malva spp.*  
Milk-vetch - *Astragalus spp.*  
Milkweed - *Asclepias spp.*  
Oak - *Quercus spp.*  
Parsley - *Petroselinum crispum*

Partridge Pea - *Cassia fasciculata*  
Prairie Clover - *Dalea spp.*  
Queen Anne's Lace - *Daucus carota*  
Red Cedar - *Juniperus virginiana*  
Snapdragon - *Antirrhinum majus*  
Sweet Fennel - *Foeniculum vulgare*  
Thistle - *Cirsium spp.*  
Wild Plum - *Prunus americana*  
Willow - *Salix spp.*





## Farm Views

# What Bio-Security Issues Should You Take on Your Livestock Operation?

For some livestock producers, bio-security is practiced and implemented on their operations every day. Shower-in, shower-out swine facilities, limited tours, and no public trails or walk ways through livestock operations are all examples of bio-security measures currently being used by United States livestock producers. Even though these are effective, are you doing all you can to protect your livestock operation? Below is a list of bio-security measures that are recommended on all livestock operations at all times, regardless if there is a Foot and Mouth Disease threat.

### Visitors

- Discourage all visitors and limit access to the farm.
- Communicate and explain disease prevention procedures to visitors.
- Exclude international visitors from your farm for at least 5 days after their arrival in the United States.
- Ask all visitors (especially international) to provide information about recent farm and animal contacts.
- Clothing worn on other farms (including international operations) should be washed and footwear should be disinfected. Have plastic, disposable boots available. Consider having overalls available that do not leave the farm.
- No visitors with soiled clothing and/or footwear from another farm should be allowed on your farm.
- Do not allow animal products, clothes, luggage, cameras, and other items from affected countries onto your farm or offer to disinfect them (at owners risk) by wiping with a cloth dampened with a solution of five teaspoons of household bleach mixed in a gallon of water.
- Do not allow visitors to walk through feed mangers or have physical contact with animals.

### Farm Traffic

- Have one common entrance/exit onto your farm. Provide disposable boots or disinfectant footbath.
- Stop all non-essential vehicles and visitors from entering the farm and arrange, whenever possible, for collection and delivery of supplies to take place at the farm boundary (i.e. rendering trucks).
- Keep a record of all deliveries. In case of a disease outbreak, this will assist in epidemiological investigations.
- All vehicles that must enter the farm premise should be clean of organic material. For vehicles that do not need direct

access to farm operations, have an area available that is a good distance from livestock and feed.

### Livestock

- When purchasing livestock, determine the health history of the animal and the source herd. Test on the recommendations of your veterinarian. Keep records of all livestock movement onto the farm.
  - Segregate new additions as well as returning animals (show animals, custom raised heifers, etc.) from home herd for 21 to 30 days. Implement strict health monitoring procedures for segregated animals.
  - Initiate and maintain vaccination program for incoming and resident animals. Consult with your veterinarian on a farm-specific program.
  - Minimize non-resident animal contact.
  - Prevent contact with other livestock (fence line, transport vehicles, sale barns, shows, fairs).
  - Control non-resident stray dogs and cats.
  - Implement management practices to limit direct contact with wildlife, including deer, waterfowl, and birds.
  - Implement control measures for birds and rodents. Pay particular attention to livestock feed.
  - Implement an integrated pest management program for the control of insects and parasites.
- ### Manure
- Protect against manure entry onto the farm from vehicles and equipment, or runoff from neighboring animal premises.
  - Avoid use of manure (poultry, cattle, or other livestock) or manure products and municipal waste from off premise unless products are certified pathogen free.
- ### Feed
- Purchased feed may be a potential source of disease organisms and chemical contaminants.
  - Purchase feed from sources using quality-control measures to minimize the risk of fecal, organic, or chemical contamination.
  - Ensure that purchased feeds do not contain protein derived from ruminant tissues.
  - Even though many of these measures are already being practiced on livestock operations and many of the other measures may seem extreme, the owner/operator of the livestock operation has the responsibility to decide which of these measures should be and can be practiced. As previously mentioned, bio-security should be practiced on

Every year, about one million plastic agricultural pesticide containers are used in Nebraska. This amounts to about three-quarters of a million pounds of plastic that must be disposed of. Plastic lasts for centuries when buried in a landfill. This shortens the life of the landfills and wastes the resources that were used to manufacture the containers in the first place.

Lancaster County Extension will be coordinating a program again this year which gives producers a chance to contribute to the health of the environment by recycling these containers. The Lancaster County program will be coordinating 19 sites in an eleven-county area in southeast Nebraska in 2001.

At each collection site, pesticide containers will be inspected by a trained individual to make sure that they have been properly rinsed. Only white and yellow 2 1/2 gallon or smaller

pesticide containers with the labels and caps removed, will be accepted, no five gallon containers please. Yard and garden pesticide containers are brown and cannot be recycled with the white and yellow containers. Oil bottles and antifreeze jugs are also unacceptable.

After inspection, the containers are stored until sufficient quantities have been gathered to bring in a chipper. The containers are inspected a second time by the chipper company employees and then are processed into small chips which greatly reduces the volume and makes it feasible to transport the material long distances. Chips are taken to plants that melt the plastic material and mold it into new products. Recycled pesticide containers do not enter the general plastics industry. The material is currently being recycled into plastic fence posts, nailing strips that can be embed-

ded into poured concrete walls, industrial pallets, field drain tiles, speed bumps, railroad ties and parking lot tire stops.

The Extension office obtained grant funding six years ago to purchase two dedicated semi-trailers where the containers can be stored until there is a sufficient quantity to bring in a chipper. Each agribusiness firm cooperating in this project has agreed to move these trailers and set them up in preparation for the recycling day they will be hosting. The businesses also pay a small fee to cover the costs of providing the technical assistance during collection days. This project would not be possible without their support.

All 2001 public collection days have been scheduled on Fridays (see the schedule below). Some sites will accept containers by appointment at other times. (TD)

### 2001 Pesticide Container Recycling Program

All public collections will run from 9 a.m. to 3 p.m.

Collection Site	Date	Location	Agribusiness Contact	
Farmers Cooperative Company	June 29	Waverly	Jim McGill	786-2665
Farmers Cooperative Company	July 13	Bennet	Dave Stencel	782-2296
Firth Co-op - Princeton	July 20	Princeton	Ron Preston -Bill Moates	791-5837
Southeast Nebraska Co-op	July 27	Filley	Brad Hovy	662-3885
Farmers Co-op Elevator Company	August 3	Fairbury	Richard Zeiger	729-2330
Farmers Co-op Elevator Company	August 10	Odell	Ernie Hroch	658-3615
Farmers Co-op Elevator Company	August 17	Wilber	Steve Mills	821-2351
Otte Oil & Propane	September 14	Wahoo	Dan Otte	443-3568

### Multiple-Day Sites

Agribusiness	Dates	Location	Agribusiness Contact	
Cedar Ridge Spraying	May-August	RR2, Ashland	Jerry Newsham	944-2436
Farmers Union Co-op	May-August	Gretna	Loren Katt	332-3315
Frontier Co-op	May 15-Aug 15	David City	Marv Hilger	367-3319
Frontier Co-op	May-August	Mead	Brian Reid	624-2075
Otte Oil & Chemical	May-August	Wahoo	Dan Otte	443-3568
Lancaster County Extension	April-November	Cherrycreek Road - Lincoln	Tom Dorn	441-7180

# Prepare Equipment for Storage

With all the rain this spring, and the need to rush to get crops planted, it is likely that some practices deemed not urgent at the time may have been put off. Now that planting is finally finished, don't forget to clean up, lubricate, and prepare equipment for long-term storage. A little time spent in these activities now can save much hassle, expense, and perhaps crop injury later on.

**Planters** are a big investment and are only used a short time each year then left idle. They should be protected from rust and corrosion when not in use. Planters should have all seed removed from the seed boxes. Soil insecticide boxes should be emptied and hosed out. Seed openers, depth gauges, and furrow openers should have all dirt removed; and either painted or greased to prevent rust. Bearings should be

greased and chains should be sprayed with a light oil (WD-40) to prevent rust. Starter fertilizer squeeze pumps should be rinsed, drained, and the tension should be relieved prior to storage. Monitor row units should be cleaned, removing dirt and seed treatments. Monitor control boxes removed and stored in a cool, dry place that is free of rodents.

Store the planter inside, if possible, to protect your investment.

**Sprayers** should be thoroughly rinsed and the rinse water disposed of on a registered crop or site before switching herbicides and before putting the sprayer away for long periods of time. Proper rinsing may include pre-rinsing with a material which acts as a solvent for the herbicide, then rinsing again with an agent to remove the solvent. Water-soluble herbicides

can be removed by repeated rinsing with water.

Oil-soluble herbicides (those which form emulsions with water) are the most difficult to remove. Kerosene and fuel oils can be used to help dissolve oil-soluble herbicides. Enough fuel oil should be used to operate the pump and to splash onto interior tank surfaces. After the oil rinse, a second rinse with water containing detergent will help remove the oil from the sprayer.

Hormone type herbicides require extra precautions. If Banvel, or 2,4-D were used, fill the tank with water and ammonia. Add one quart of household ammonia to 25 gallons of water. (Approved tank cleaner can be used instead of ammonia as specified on the product label.) Pump enough solution through the hose and nozzles to fill these

See BIO-SECURITY on page 12

See EQUIPMENT on page 12



# EPA Starts Phasing Out Diazinon This Spring

Starting this spring, the U.S. Environmental Protection Agency will implement a plan to phase out use of the pesticide Diazinon, a leading cause of acute insecticide poisoning in humans and wildlife.

Diazinon is used for agricultural crops and to control insects and grub worms in lawns and gardens.

Because the product is highly toxic, those exposed to it may be at risk for acute insecticide poisoning. The EPA is concerned about household use because children may be exposed to Diazinon through inhaling vapors, airborne

particles, and skin contact. Professionals who use Diazinon are exposed to the insecticide during mixing, loading, and application; and risk post-application exposure during scouting, irrigation, cultivation, and harvest.

The chemical is highly toxic to birds, mammals, honey bees, freshwater fish, invertebrates, and insects.

The EPA agreed to phase out Diazinon in reaction to the 1996 Food Quality Protection Act. The agreement timetable is:

— For indoor household use, registration will be canceled in March 2001 and retail sales

will end by December 2002.

— For lawn, garden, and turf uses, manufacturing will stop in June 2003 and distribution to retailers will end by August 2003. In 2004, a product recovery program will complete the phase out.

— Manufacturing will decrease 25 percent in 2002 and 50 percent in 2003.

— The agreement will cancel about 20 current uses of Diazinon on food crops.

SOURCE: Larry Schulze, Ph.D., pesticide specialist, NU/IANR. (DJ)

# Shock Chlorination of Domestic Water Supplies

Unlike public water supplies that are regularly tested to ensure the water is safe to drink, individuals or families using private water supplies are responsible for testing for contamination. If test results indicate bacterial contamination is occurring, shock chlorination is the most widely suggested method of treatment. Shock chlorination is the one-time introduction of a strong chlorine solution into the entire water distribution system (well, pump, distribution pipeline, hot water heater, etc.)

Shock chlorination is recommended:

- when lab results indicate a presence of bacteria;
- upon completion of a new well;
- when the distribution system is opened for repairs or maintenance;
- following contamination by flood water; or
- to control iron and sulfur bacteria.

Shock chlorination is recommended in these circumstances to ensure bacterial contamination is controlled.

For detailed information on shock chlorination, request the NebGuide, G95-1255-A "Shock Chlorination of Domestic Water Supplies," from your cooperative extension office or find it on the internet at <http://www.ianr.unl.edu/pubs/water/g1255.htm>. (DJ)

# 2001 Plants of the Year Winners Recommended for Nebraska

The penstemon, the oakleaf hydrangea, and the baldcypress are this year's winners of the Plants of the Year honors from the GreatPlants program.

The Plants of the Year Award highlights hardy plants with exceptional ornamental qualities. It's part of GreatPlants, a joint effort of the Nebraska Statewide Arboretum (NSA) and the Nebraska Nursery and Landscape Association.

Bob Henrickson, assistant director for horticulture programs at NSA, said winning plants are chosen for their ornamental value, hardiness, ease of maintenance, and availability. This year's selections are:

**Perennial of the Year**—penstemon. There are so many beautiful and hardy plants among the 270-plus species in this genus that the GreatPlants program selected the entire genus as the Perennial of the Year. Related to the familiar snapdragon, penstemon flowers generally are tube-shaped and typically grow in long, upright clusters. Plants range from dwarf, cushion-forming types desirable for rock gardens, to taller types such as Husker Red penstemon that are suited to traditional gardens or perennial

borders.

Every state in the continental United States has at least one native penstemon. Nebraska has 10 native species. Participating nurseries and garden centers will offer an assortment of the best species and varieties for Nebraska.

**Shrub of the Year**—oakleaf hydrangea (*Hydrangea quercifolia*). It is a dramatic shrub with numerous ornamental qualities. As the name implies, the bold, lobed foliage resembles large oak leaves. Dark green in the summer, leaves offer rich fall colors, from red to orange to purple. The white- to pink-colored flowers bloom in late June through July in large, drooping clusters that can be up to 12 inches long. The older stems can have attractive, peeling, cinnamon-colored bark. Oakleaf hydrangea grows four to eight feet tall, spreading as wide or wider through root suckers. Henrickson said it does best with some shade and mulching to maintain cool, moist root environment. It is most effective in a shrub border and in massed plantings.

**Tree of the Year**—baldcypress (*taxodium distichum*). It is a stately conifer that is hardy and adaptable in

landscape settings across Nebraska. Although a conifer-like pine and spruce, baldcypress is deciduous, dropping its foliage in the fall. It is relatively fast growing, reaching 50 to 70 feet tall. Mature trees are pyramid-shaped and widen at the base. Its fine textured leaves look like needles and are a soft sage green in the summer, turning to orange-tan before dropping in the fall. Native to wetlands from the Southeast United States north into Missouri and west into Texas, baldcypress does well in moist climates, but also is adaptable to dry, sometimes compacted soils throughout Nebraska.

For more information about the Plants of the Year, call (402)472-2971 or write the Nebraska Statewide Arboretum, P.O. Box 830715, Lincoln, Nebraska 68583-0715.

The NSA is a horticultural organization with endeavors and initiatives in education, the arts, community development, and the environment. It is a partnership between a private nonprofit membership organization and the University of Nebraska Institute of Agriculture and Natural Resources. (DJ)

## Acreage Insights



## Manure Handling

All livestock, large or small, produce manure. Livestock manure contains nutrients, such as nitrogen, phosphorous, potassium and sulfur that are useful to plants but can be harmful to the environment. The smell of manure may be offensive to the livestock owner, their family, or their neighbors.

### Characteristics

Manure can be used to supply the above nutrients and needed secondary and micronutrients to plants for crops, pastures, and gardens. The amount of nutrients contained in manure depends on the livestock species, bedding or litter used, length of time it's stored before application to

the field, and the way it is applied. Manure usually contains more nitrogen and potassium than phosphorous. A notable exception is poultry manure, which is usually high in nitrogen and low in potassium. Manure is best utilized on non-legume plants, such as grass, corn, or oats.

Manure also provides a good source of organic matter to soils. Organic matter improves soil tilth, water, and nutrient-holding capacity. It also reduces wind and water erosion and promotes growth of beneficial soil organisms.

### Use and Storage

Manure should be evenly distributed as determined by soil and manure testings. If you don't have land on which to apply the manure, locate a neighbor who could use it. If possible, keep livestock off a pastured area for three days after spreading manure to prevent potential parasite problems.

Application of manure to cropland or pasture should be done in the spring or early summer. If spreading must be done in the winter, it should be on flat areas where snow melt will not run off into ditches, lakes, or streams. Manure should be stored in a location where rainfall and snow melt will not leach from the area carrying water soluble nitrogen into surface or ground water supplies.

The smell and appearance of livestock manure is an issue. It should be stored, transported, and spread so as to minimize the impact of its odors and appearance. Store it behind buildings, fences, and other screens. Don't let it spill onto roads; and apply it away from other people's property and activities. In communities, there may be local ordinances that control manure's storage and use. Check with your local government unit for any rules that may apply. (DJ)

## Squash Vine Borer

The squash vine borer, *Melittia satyriniformis*, is a common clearwing moth, which primarily attacks summer squash, winter squash, and pumpkins. The adults resemble wasps, and are approximately one-half inch long with orange- and black-striped abdomens. The first pair of wings is green metallic; the back pair is clear.

In mid- to late June the squash vine borer adults emerge from cocoons in the ground. The adult borers lay flat, brown eggs singly at the base of susceptible vine plants. Approximately one week later, the eggs hatch and larvae bore into the stems to feed. They feed through the center of the stem, blocking the flow of water to the rest of the plant. After feeding for four to six weeks, the one-inch, cream colored larvae exit the stems and burrow one- to two-inches into the soil to pupate until the following summer.

The first symptom of borers is wilting. Holes observed near the base of the wilting plant may be filled with moist greenish or orange sawdust-like material. The base may become mushy or rot over time.

Controlling squash vine borers is a challenge. Start by selecting unsusceptible winter squash varieties, such as Butternut, Royal Acorn, Table Queen, and improved Green Hubbard, and the following summer squash: Early Golden Bush Scallop, Early Prolific Straightneck, Early Summer Crookneck, and Summer Cheese. Do a second planting of summer squash in early-July after borers have finished laying eggs.

To detect adult squash vine borers in your garden, fill yellow pans, pails, or bowls with water. The adults are attracted to yellow and will fly into the container and become trapped in the water. This must be done while adult borers are flying.

Once adult borers are detected, take action. Place floating row covers or similar physical barriers over the plants when they start to vine to keep adult borers from laying eggs on the plants. Keep barriers in place for about two weeks. Do not use row covers when the crops are flowering, as this prevents bees from pollinating.

If using insecticides, dust stems at their base with carbaryl (Sevin dust) when vines begin to run (late-June or early-July); repeat in seven to ten days. The last effort to remove borers is labor intensive. As soon as you detect wilting, use a sharp knife to cut slits into the affected stem. Cut carefully until you locate the borer and kill it with the tip of your knife, then mound moist soil over the cut area. New roots may grow along the cut stem. Promptly pull out and destroy any plants killed by squash vine borers. (DJ)





## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

During National Dairy Month and throughout the year, enjoy this easy-to-make lowfat salad dressing made with yogurt and blue cheese.

### Garlicky Blue Cheese Salad Dressing

Source: Reprinted with permission from: American Institute for Cancer Research (AICR) Newsletter, Spring 2001, Issue 71.

1/2 cup nonfat plain yogurt  
2 tablespoons nonfat mayonnaise  
2 tablespoons skim milk  
1 tablespoon plus 1 teaspoon blue cheese  
2 cloves garlic, minced  
Ground black pepper to taste



Whisk all ingredients until well combined. Makes about 3/4 cup dressing.

Serves 6 (2 tablespoons each), with 21 calories and less than 1 gram fat per serving.

AICR suggests the following salad combination as one possibility for serving with this dressing: Bibb or Boston lettuce with watercress tossed in, shredded carrots, cherry tomatoes, purple onion rings, and crumbled hard boiled egg. (AH)



Mahoney Manner residents refresh their knowledge about calcium. Thirty-eight Lincoln Housing Authority older adults participated in "Who Wants to be a Milk-in-Naire" taught by Karen Wobig, extension assistant, NEP. Residents of Burke Plaza and Crossroads House also participated.

# Nutrition and Osteoporosis - Part 2

Alice Henneman  
MS, RD, Extension Educator  
&  
Linda Boeckner  
PhD, RD, University of  
Nebraska Extension  
Nutrition Specialist

June is National Dairy Month. Here is the second of a two-part series on what you can do to help prevent or treat osteoporosis with a special emphasis on the role of dairy products.

While dietary calcium and vitamin D are important in helping prevent or treat osteoporosis, the following dietary concerns also come into play.

#### 1) Food is Best Calcium

**Source.** Most experts agree food is the best source of calcium as there may be other factors found in calcium food sources that also affect use by the body.

**2) Total Calcium Load at One Time.** Your body can best handle about 500 mg of calcium at one time, whether from food or supplements. Consume your calcium foods/supplements throughout the day rather than all at one time.

**3) Fiber.** Excessive fiber can interfere with calcium absorption. Dr. Miriam Nelson (author, *Strong Women, Strong Bones*) advises the fiber occurring in food is probably not a problem. But, if you're sprinkling extra fiber on food, such as bran on cereal, that might affect calcium absorption.

**4) Caffeine.** Nelson advises consuming under 400 milligrams of caffeine daily. (A 6 ounce cup of coffee has about 100 milligrams caffeine—the actual amount would depend on brewing time, etc.) Excessive caffeine can increase urinary excretion of calcium. Tea, soft drinks, and various medications also can contain caffeine. To check the amount of caffeine in foods, search the USDA Nutrient Database (caffeine is the last entry at the end of each nutrient report)

[www.nal.usda.gov/fnic/foodcomp/index.html](http://www.nal.usda.gov/fnic/foodcomp/index.html)

#### 5) Excessive Sodium.

Excessive sodium can increase urinary calcium excretion. Go easy on the salt shaker; taste before you salt. Limit the number of high salt foods. The Food and Nutrition Board recommends sodium be limited to 2,400 mg daily. The Nutrition Facts panel on foods gives the sodium content of a food.

**6) Alcohol.** Consuming more than seven alcoholic drinks per week is associated with an increased risk of low bone density and of falls and fractures, according to Nelson. Obviously, you shouldn't drink seven drinks all in the same day.

**7) Oxalic Acid.** This acid, present in certain foods, such as spinach, chard and beet greens, binds up the calcium in these foods. However, it doesn't seem to affect the calcium in foods served with them. These greens are still good for you and may actually help improve calcium status in other ways. Also, though

chocolate is a source of oxalic acid, it doesn't seem to tie up the calcium in milk if you drink chocolate milk.

**8) Soft Drinks.** When soft drinks replace milk as a beverage, individuals are drastically reducing the calcium content of their diets.

**9) Protein.** Unbalanced, excessively high protein diets could increase urinary excretion of calcium.

**10) Soy.** While soy is a nutritious food, not all soy is a source of calcium—check the Nutrition Facts panel on the label for calcium content.

Some recent research found calcium from calcium-fortified soy milk was absorbed at only 75% the efficiency of calcium from cow's milk. There may be some brands not studied that offer a greater absorption rate; however, at the time of the study, researchers felt their sample was representative of most of the calcium-fortified soy milk currently available. (Source: Heaney, RP, et al. Bioavailability of the calcium in fortified soy imitation milk, with some observations on method. *Am J Clin Nutr* 2000; 71: 1166-9.)

These researchers suggest to get the same amount of usable calcium from soy milk as you would get from three 8-ounce glasses of cow's milk, you will need to drink four 8-ounce glasses of soy milk.

#### 11) Fruits and Vegetables.

Research by Tucker and colleagues found a diet high in fruits and vegetables contributed to the maintenance of bone mineral density. The study found whole grains also helped contribute to potassium and magnesium. (Source: Tucker, KL, Potassium, magnesium, and fruit and vegetable intakes are associated with greater bone mineral density in elderly men and women. *Am J Clin Nutr* 1999; 69: 727-36.)

The Food Guide Pyramid recommends 2 to 4 daily servings of fruits and 3 to 5 daily servings of vegetables. Choose from a variety of fruits and vegetables daily. Try many colors and many kinds.

### Help for the Lactose-Intolerant Person

If you lack the enzyme needed to digest lactose (milk sugar), you still may be able to obtain calcium from dairy products. (Source: Suarez, FL, et al. Lactose maldigestion is not an impediment to the intake of 1,500 mg calcium daily as dairy products. *Am J Clin Nutr* 1998; 68: 1118-1122.)

These suggestions might work for you:

**1) Eat Small Portions of Dairy Foods.** Start by eating small portions of lactose-containing foods such as milk and gradually increase the serving size.

**2) Combine Dairy Foods with Other Foods.** Eat dairy foods in combination with a meal or solid foods.

**3) Try Non-Milk Dairy**

**Foods.** Consider dairy foods other than milk. Many cheeses (e.g. Cheddar, Swiss, Parmesan) contain less lactose than milk. Aged cheeses generally have negligible amounts of lactose. Also, many cultured dairy foods, such as yogurt, made with live, active bacteria are generally well tolerated.

#### 4) Pre-Digest

**Lactose.** When lactose is broken down to its simple sugar components, glucose and galactose, it may be easier for someone who is lactose intolerant to use. Consume lactose-hydrolyzed milk and other dairy foods or consider commercial lactase preparations (capsules, chewable tablets, solutions).

### When You Don't like to "Drink" Milk

Dairy products are one of nature's most concentrated dietary sources of calcium. But you may not like to drink milk. Here are 10 easy tips for including more milk products in your diet without ever drinking a glass of milk. (Source: Dairy Council of Nebraska.) For more dairy food recipe ideas, check out this web site sponsored by the National Dairy Council: [www.familyfoodzone.com](http://www.familyfoodzone.com)

**1) Make oatmeal with milk.**

**2) Add milk to your coffee.**

(But watch how much caffeinated coffee you drink!)

**3) Make soups such as tomato, chowders, and cream-type soups with milk instead of water.**

**4) Add powdered milk to foods.** One tablespoon is equal to 50 milligrams of calcium.

**5) Make instant hot cocoa with milk instead of water.** Or, when using packets of hot chocolate, add 1/3 cup of powdered milk which is equivalent to a cup of milk.

**6) Serve milk-based desserts such as puddings, tapioca, frozen yogurt, custard, and ice cream frequently.**

**7) Enjoy a cup of hot chocolate instead of coffee.** An 8-ounce serving of chocolate milk has only 2 to 7 milligrams of caffeine. Six ounces of coffee has about 100 milligrams of caffeine. Also, chocolate milk provides, on average, only about 60 calories more per serving than unflavored milk.

**8) Use plain or flavored yogurt as a dressing for fruit salads.** For example: Try Key lime yogurt as a dressing over fruit. Lemon yogurt works with waldorf salads (typically made with apples and such ingredients as raisins or grapes, celery, and walnuts).

**9) Top baked potatoes with yogurt.** For added flavor, mix in some snipped fresh chives or dried chives.

**10) Enjoy smoothies for snacks.** TIP: blend small frozen fruit pieces (berries work especially well) with milk or yogurt. Use about a cup of milk or yogurt; then add 1/2 to 1 cup frozen fruit and blend until smooth and of



## Clean Hands Campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)

See NUTRITION on page 11



# Clarice's Column

Clarice Steffens  
FCE Council Chair



Another busy summer season has arrived! After our endless winter, spring and summer are much appreciated! Now is the time to enjoy quality time in the outdoors—gardening, walking, reading a good book, taking a nap—whatever sounds good to you!

Summer brings us to another Council meeting. This one will be held at the home of Twyla Lidolph (call me if you need directions for getting there) at 7 p.m. on Monday, June 25. Twyla will also present the program—Sewing, Etc.—so be assured you will get some

sewing tips; and in addition, she will share some of the other hobbies she is enjoying in retirement. The 2001 scholarship recipient, Kendra O’Brien, has also been invited to attend this meeting. The hosts for the evening will be Home Service, Gateway Gourmet, and Salt Creek Circle Clubs.

The Sizzling Summer Sampler is scheduled for July 10, 6 to 9 p.m. We have planned a great dinner as well as three interesting learnshops. Our presenters will be Doris Cook of the Purse Revue Accessories and Clothing; Randy Bohaty of B & R Stores, Inc.; and Nancy Sutton and Lois Ullman. This evening is planned for members and their guests.

You should have already received the information about

the Bakeless Bake Sale. Remember, these funds will be used to finance our scholarship fund, so whatever help you can give will be greatly appreciated. As you know, we had several very good applicants this year and our committee had a difficult task selecting the awardee. We hope this interest will continue.

Don’t forget the State Convention in Kearney, August 16 and 17. Registration should be made by June 30. If you did not receive a registration form and are interested in attending, please call Pam at 441-7180.

Well, I don’t know what outdoor activity you decided on, but I’m ready for a good book and a comfy chair on the deck. Enjoy your summer!

## Family Living

### HOUSEHOLD HINTS

**by Lorene Bartos, Extension Educator**

Acrylic furniture is highly polished and resistant to many stains, but it is easily scratched. Wash acrylic with a mild detergent, such as a hand dishwashing detergent, and water. Use a soft cloth. Rinse with water and blot dry with a soft clean cloth. For dusting, use a damp cloth or chamois and wipe gently. (LB)

## Sizzling Summer Sampler

*Tuesday, July 10  
6 to 9 p.m.  
Supper at 6 p.m.*

*Lancaster Extension Education Center  
444 Cherrycreek Road, Lincoln*

*sponsored by  
Lancaster County Association for  
Family and Community Education*

*Learnshops: Fun with Fashion by Doris Cook, Purse Revue  
Accessories & Clothing  
At the Produce Aisle by Randy Bohaty, B & R Stores, Inc.  
Sweatshirt Savvy by Nancy Sutton and Lois Ullman*

*Plan to attend and invite a friend!*

*Cost: \$10.00  
Make checks payable to FCE Council.*

*Send reservations & check by July 5th to:  
Joy Kruse, 850 Adams, Lincoln, NE 68521*

*Mark your calendar today! Join the fun and fellowship.*

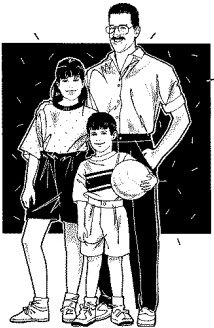
## The Importance of Fathers in Children’s Lives

The role of fathers is an important duty which should not be neglected. Fathers have a great impact on their child’s lives. Children look up to their fathers as role models and sources of stability and security. Research indicates an authoritative (warm, yet firm) parenting style is an effective way to build solid relationships with children. Fathers may not want to spoil their image as a playmate with their children, but discipline is very important to develop good character.

Fathers reap the benefits of being involved early on with their children. Attachment bonds are important for father and infant to develop. This creates a sense of belonging and trust in the infant. Involvement with children early in life encourages involvement in the future. Fathers can show interest in their children’s lives in several ways: giving advice and direction, basic supervision, and attending school or

club activities. Showing an interest in children’s lives communicates to the child “I care about you.”

There are negative effects on children of all ages if fathers are not involved. Research shows teenage boys who are not involved with their fathers are more likely to be violent, to engage in high-risk behaviors, and to commit crimes. Teenage girls with little or no father involvement are more likely to be sexually promiscuous. Academic performance may decline. A healthy and active relationship between father and child limits high-risk behavior due to increased emotional well-being and increased supervision. (SS)



## CHARACTER COUNTS! Corner

### Family Nights and Character

Good character building starts in the family. When parents value good character, it becomes important to their children’s values as well. An idea that encourages family interaction and character building is a “family night.” On these nights, the family engages in activities that stimulate communication about character. A good pillar to start with is Trustworthiness and a fun activity for this pillar is the “trust walk.”

Advance preparation: Set up an obstacle course with furniture, toys, etc. The course can be set up inside the home or outdoors.

Divide family members into pairs. One person is blindfolded and their partner is the guide. The guide can turn the blindfolded person around once or twice, then take the person through the obstacle course assisting them by explaining the course. When the blindfolded person has successfully completed the course, partners trade places and repeat the activity.

At the end of the activity, discuss questions like:

- \* Was it easy to trust your partner? Why or why not?
- \* What did the guide do to help you trust/distrust him or her?
- \* Did the guide let you down?
- \* Did you want to peek? Why?
- \* How is this activity like real life?
- \* What can you do to be trusted by others? (SS)



## Summertime Reading!

The ability to read effectively may be the single most important key that enables all children to find success. Summer-time is a wonderful time to nurture the love of reading and to encourage youth to set aside time each day for an adventure through books. Make the library as important a place to be as the local swimming pool or ball field during the long lazy days of summer.

Families can encourage reading in several simple ways:

Read to and with your children for 30 minutes every



day.

Have lots of children’s books in your home and visit the library every week. Help children get their own library cards and let them pick out their own books.

Join the Lincoln City Libraries Summer Reading Program, “Reading Road Trip USA” or participate in other special programs they host such as: “Read Aloud Please” a group program for first through third graders and their parents or other adult reading partners, and a special Reading Together Group for Young Adults (middle school). (Call the Lincoln City Libraries’ Youth Services Department at 441-8566 for more information.)

Suggest reading as a free-

time activity and set an example yourself.

Set up a reading area in your home.

Read and write with your children in their native language. Practicing their first language will help your children learn to read and write English.

Ask children to describe events in their lives. Giving detailed descriptions and telling complete stories also helps children learn how stories are written and what the stories they read mean.

Restrict television and computer time.







## 4-H & Youth

# 4-H Bulletin Board

- Remember to sign up to help at the fair if you are 12 years old or older. We need help on entry day from 4-8 p.m. and on judging day. Call the extension office to sign up! (LB)
- Teen Council is Sunday, July 8 at the Schepers' home. Watch your mail for more information. (TK)
- Lancaster County Fair is July 30-August 5 at the Lancaster Event Center, 4100 North 84, Lincoln.
- Fair books have been mailed. Make sure you have yours and that you refer to it for information about the fair. (LB)
- A handout on "How to Exhibit at the Fair" is available at the extension office. (TK)

## Family & Consumer Science Judging Workshop and Contest

Come to the Family & Consumer Science workshop Wednesday, June 13, 1-2:30 p.m. Learn judging techniques and decision-making skills for the July 18, Family & Consumer Science Judging Contest. (TK)

## Demonstration Workshop and Contest

The demonstration workshop is Wednesday, June 13 at 2:30 p.m. 4-H members can learn what a demonstration is and how to present at the demonstration contest on July 20 at 1 p.m. or on August 1 at 5 p.m. If your demonstration is ready, present it and receive help if needed. (TK)



## Attention: All FUN-seekers!

Do you like to have FUN with kids? Are you interested in helping with the 2001 Lancaster County Fair? We have just the thing for you. We need volunteers to help with FAIR FUN DAY, to be held on Friday, August 3. Volunteers will take school-age children through different FUN activities around the fairgrounds. Please call 441-7180 to sign up. (JC)

## Table Setting Contest

The 2001 Table Setting Contest will be held July 12, 2001, at 5:30 p.m. at the Lancaster Event Center, 4100 N. 84<sup>th</sup>, Lincoln. Registration is due June 29. For more information, contact Tracy at 441-7180. (TK)



## County Fair Contests and Interview Judging



### Table Setting

Thursday, July 12, 5:30 p.m. at the Lancaster Event Center. This contest gives you a chance to choose a theme category (holiday, formal, picnic, birthday, or casual), plan a menu, centerpiece, and place setting to coordinate with your theme. Each 4-H member will have a five minute interview with the judge. A table setting contest booklet and information sheet is available from the office.

### Family & Consumer Science Judging Contest

Wednesday, July 18, 1 p.m., registration at 12:45 p.m. 4-H members will use their decision making skills in the junior division (8-11 years old) or senior division (12 years old and older as of January 1, 2001). See related article for topics and resources.

### Demonstrations

The Demonstration Contest is one of the best ways to share your expertise and ideas with others. Demonstrations can be done as an individual or as a team. There will be two demonstration contests: Friday, July 20,

1 p.m. at the Lancaster Extension Education Center and Wednesday, August 1, 5 p.m. at the county fair. See page 7-8 of the fair book for categories.

### Style Revue

Style Revue Judging Wednesday, July 25, First Lutheran Church, 1551 South 70<sup>th</sup> Street. Style revue forms are available from the office.

Public show, Tuesday, July 31, 7 p.m. at the Lancaster Event Center. The public is invited to the style revue to see the 4-H members show off their outfits.

### Bicycle Safety

Saturday, August 4, 9 a.m. at the county fair. 4-H members do not need to be enrolled in the bicycle project to enter this contest. Check the fair book for contest rules.

### Interview Judging

Tuesday, July 31, refer to pages 4-5 of the fair book for project areas that will have interview judging. Sign up for a five-minute time slot by calling the extension office. If you have more than one item in a project area, sign up for five minutes per item. Talk to the judge about

your fair exhibits by sharing the trials and lessons of your exhibits. Interview judging is a great way for 4-H members to learn what the judge looks for and how to improve their skills.

### Shooting Sports

Must be enrolled in a shooting sports project under direction of a certified 4-H shooting sports instructor to participate. See pages 12, 13, and 14 of the fair book for categories and rules.

### Horticulture

The 4-H Horticulture Contest is Wednesday, July 18, 10 a.m. Study material for the contest is available at the extension office.

Registration forms for demonstration contest are available at the extension office. Call the office at 441-7180 by July 6, to register for the contests. No preregistration is needed for the Family & Consumer Science Judging Contest. Information and forms are also available at <http://lancaster.unl.edu/4h/> (TK/LB)

## County Fair Updates:

### Camping:

4-H and FFA families who would like to camp on the fairgrounds will need to pre-register at the extension office by July 6. The cost of camping will be \$7.00/night for campers and \$2.50 a night for tents. These fees help cover hook up and clean up costs.

### Animal Bedding Fees:

No outside bedding will be allowed onto the Event Center premises. Bedding fees are as follows: beef (\$5/head), llama, horse (\$5/stall), sheep, swine, goats (\$5/pen), chicken and rabbits (\$.25/head). Fees will be due July 6 with county fair entries. Checks need to be made out to Lancaster County Agricultural Society.

If you have any questions, call Deanna at 441-7180. (DK)

## Congratulations! Tracy Kulm and Deanna Karmazin have recently been pro- moted to "Extension Associates."

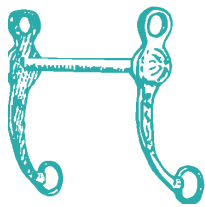


## Putting It All Together

Want to learn the latest in fashion styles? Want to learn how to choose the best new outfit for the lowest price? How does a trip to the mall sound? This workshop will be for 4-H'ers interested in the Shopping in Style and Attention Shoppers! 4-H projects and is also open to those who sew. It will be held on Thursday, June 28 beginning at 9:30 a.m. The morning workshops will help you:

- Develop consumer skills that will enable you to make the most of your clothing dollar.
- Practice your modeling skills (4-H'ers enrolled in these projects can model an outfit at the county fair and those enrolled in Shopping in Style and are least 12 years of age as of January 1, 2001, will be eligible to model at the State Fair).
- Learn the latest in hair, accessory, and make-up pointers.

For lunch, we will travel to the mall (lunch on your own, bring money). After lunch we will meet with a buyer at one of the clothing stores and you will have time to complete your research for your project entry for the fair. We should be done around 3 p.m. Remember to bring your camera! Please register by calling our office at 441-7180. There is no cost for the workshop. Carpooling can be arranged. Sponsored by the Lancaster & Saline County Extension Offices. (LB)



# HORSE BITS

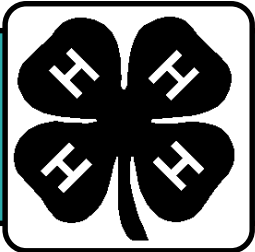
## Amy Countryman Arena Grand Opening

The grand opening of the Amy Countryman Arena, Lancaster Event Center, 84 and Havelock, has been scheduled for Sunday, June 17. Following the 1 p.m. ribbon cutting there will be a horse show sponsored by the Wee Amigos and the Low Riders 4-H Horse Clubs. For additional information call Deanna Vidlak at 786-2251 or Sherry Mellen, 785-2394. Flyers are also available at the extension office. (EK)

## Horse Incentive Program

*Just a reminder:*  
The horse incentive program record sheets are to be turned in **monthly** either to the extension office, Brenda Messick, or Larry Essink. (To date I've received one!) Also, please note the deadline for all record sheets for the season is July 15.  
Don't forget to add community service under "double points" and add the hours up accordingly. (EK)

## 4-H & Youth



## We Need You...At the 2001 Lancaster County Fair!

Volunteer helpers (ages 12 and over) are needed to help in the information booth, assist judges by writing comments, putting up project displays, check in exhibits on entry day and make the fair the best it can be!  
Call 441-7180 to sign up.  
Thanks, in advance, for all your help! (LB)

**County and State Fair entries must be postmarked or into the extension office by 4:30 p.m. Friday, July 6. No late entries will be accepted. (DK)**

## Family & Consumer Science Judging Contest Wednesday, July 18, 1 p.m. (12:45 p.m. registration)



The contest will be divided into two divisions, the junior division and the senior division. 4-H members under 12 years of age as of January 1, 2001, will judge in the junior division. 4-H members 12 years old and older as of January 1, 2001, will judge in the senior division.  
Topics and resources for the contest are:

Topic	Publication
Senior Level	
<b>Foods &amp; Nutrition</b> <ul style="list-style-type: none"><li>Vegetarian Diets</li><li>Food Preservation</li><li>Planning Food Budgets</li></ul> <b>Home Environment</b> <ul style="list-style-type: none"><li>Design Elements (Rhythm, Proportion, Emphasis, Balance, Unity)</li></ul> <b>Healthy Lifestyles</b> <ul style="list-style-type: none"><li>Practicing Sun Safety</li><li>Goal Setting</li><li>Dealing with Stress</li></ul> <b>Clothing &amp; Textiles</b> <ul style="list-style-type: none"><li>Selecting Patterns to Flatter Figure Types</li><li>Building a Wardrobe</li></ul>	<b>Foodworks (4H794)</b>  <b>Art In Your Future (4H635B)</b>  <b>Health D, Piecing It All Together/Preparing for the Future (BU6861)</b>  <b>Challenging Patterns (4H304)</b>
Junior Level	
<b>Foods &amp; Nutrition</b> <ul style="list-style-type: none"><li>Cooking Terminology, pp 17</li><li>Storing Foods in the Refrigerator and Freezer, pp 25-26, 31, 33-35, 39</li></ul> <b>Home Environment</b> <ul style="list-style-type: none"><li>Balance, Rhythm &amp; Form, pp 10-12</li><li>Storage, pp 18-22</li></ul> <b>Healthy Lifestyles</b> <ul style="list-style-type: none"><li>Expressing Your Emotions, pp 30-32</li><li>Increasing Your Memory, pp 28-29</li></ul> <b>Clothing &amp; Textiles</b> <ul style="list-style-type: none"><li>Reading a Pattern Envelope, pp 6, 17</li><li>Trimming Seams, 12</li></ul>	<b>Tasty Tidbits (4H792)</b>  <b>Home Building Blocks 2 (4H196)</b>  <b>Health A, Discovering Myself (BU6859)</b>  <b>Clothing Level 1 (4H223)</b>

Individuals will answer five written questions for each of the four situations, totaling 20 written questions. Also, senior 4-H members will choose two of eight oral questions to answer for a judge. Juniors will choose one of five oral questions to answer for a judge. (TK)

## Needed: 4-H Ambassadors

4-H members who will be in grades 9-12 in the fall are eligible to apply. Ambassadors will be selected through an application and interview process. Two positions are open.  
4-H Ambassadors  
Promote 4-H through PSA's and displays  
Serve as master/mistress of ceremonies at events  
Develop marketing skills through selling ads for the fair flyer  
Provide leadership for 4-H activities  
To apply, send a letter on why you would like to be an ambassador and resume of your 4-H, school, and community activities to Lorene Bartos, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Call Lorene if you have questions. (LB)

## Food Booth Training

**What:** A workshop for ALL food booth volunteers. Even if you have attended before, you are encouraged to come this year.  
**Where:** Lancaster Event Center, 84 & Havelock Avenue  
**When:** Thursday, July 26, 6-7 p.m.  
**Workshops:** Customer Service  
Food Safety  
Your Responsibilities as a Volunteer  
**Visit:** Food Booths  
**Bonus:** Certificate of Completion and lots of fun. (LB)

## Livestock Behavior Clinic

The Great Plains Livestock Behavior Clinic coordinated by the University of Nebraska and Nebraska Southeast Community College will be held July 13, 9 a.m.-3:30 p.m. on the Beatrice Campus. The cost of the clinic is \$5 per person.  
The clinic will cover the following topics: What is Livestock behavior, cattle, sheep, hog and horse behavior?  
If you are interested in going, please send your \$5 payment to Deanna Karmazin, 444 Cherrycreek Rd., Lincoln, NE 68528. If enough youth and adults are interested in going, I will provide transportation.(DK)







## Community Focus

# Safe Water Tomorrow Through Pollution Prevention Today

Everyone benefits from a safe, high-quality water supply. So, it stands to reason that everyone should be willing to share in the responsibility of protecting our water supplies. Actions of individuals have an impact on water quality and maintaining the high quality water we have today.

A project sponsored by Lincoln-Lancaster County Health in conjunction with Lancaster County Extension, Norris FFA, Nemaha, Lower Big Blue and Lower Platte South Natural Resource Districts, Firth Cooperative, and Gage County Extension has been designed to develop and implement a water-pollution program. The program will concentrate on southern Lancaster and northern Gage county acreages, rural properties, and farmsteads. A major emphasis will be placed on locating, inventorying, and closing abandoned or dangerous wells.

Norris FFA students will update the Lincoln-Lancaster County Health Department's Groundwater Prevention Curriculum. Students will contact owners of acreages, rural homes, and farmsteads located in Source Water Protection Areas. The Norris students, with the cooperation of the owners, will complete the checklist; GPS locate and inventory wells, test

water samples for the presence of Nitrates and coliform, distribute free backflow preventors, and work toward decommissioning old wells.

When water samples contain Nitrates in a greater concentration of 5 PPM, another sample will be obtained and sent to the Department of Health and Human Services laboratory free of charge for further testing. Following test results, students will contact the property owner to share and explain information about the test results. Cooperative extension's guide on "Drinking Water: Nitrate-Nitrogen" will be used as a resource and owners will be given information about extension's Home\*A\*Syst or Farm\*A\*Syst follow-up programs.

The Norris FFA will be sponsoring community "Test Your Well Night," where area residents can bring their water samples to the community hall for free testing. Communities will also participate in sponsoring a Find\*A\*Well\*Day. Students will be contacting residents about the presence of abandoned wells to be decommissioned. The appropriate NRD will be contacted to provide a cost share for the well abandoning/decommissioning costs. The

See **WATER** on page 11



David Smith, (left) Lancaster extension technologist, teaching Norris FFA student the finer points in using a GPS (Global Positioning System) rover unit that will be used to locate and inventory wells in the "Safe Water Tomorrow Through Pollution Prevention Today" project.



Norris students are practicing test water sampling methods in preparation for this important community project designed to protect groundwater.

# Developing a New Comprehensive Plan

## Program Objectives.

The City of Lincoln and Lancaster County are putting together a NEW Comprehensive Plan for the City and County. This year's long process will result in a draft Comprehensive Plan document by the end of the calendar year 2001.

## What is a Comprehensive Plan?

A "Comprehensive Plan" is a community's common vision of what it wants to be like in the future. Such plans typically look 20 to 25 years into the future.

Comprehensive Plans deal mostly with the physical characteristics of a city or county. They contain the dreams and plans a community needs to guide future development.

These plans illustrate where tomorrow's homes, schools, parks, shopping areas, employment centers, and other uses will be located. They often show natural and environmental areas that a community may want to preserve or enhance for its children and grandchildren.

Comprehensive Plans present the street improvements that will be needed by future generations to help move people and goods about the community. Comprehensive Plans are also used to plan various public utilities, such as facilities for supplying drinking water or treating wastewater.

## What's in a Comprehensive Plan?

Comprehensive Plans typically include these elements:

- Statement of **goals**

- Estimates of **residents and workers**
- Descriptions of **future land uses**
- Forecasts of **housing needs**
- Programs for **street improvements**
- Locations for **schools and parks**
- Future sites for **community facilities**
- Plans for **public utilities**

## Why is the Comprehensive Plan Important to Me?

The Comprehensive Plan is important for many reasons. First, it provides the basis for the community to agree on a shared vision of what it wants its future to be. Secondly, the Comprehensive Plan serves to protect you and your family's long-term health, safety, and welfare through carefully planning land uses and needed services.

The Comprehensive Plan is used extensively by both the private and public sectors. Private investment in homes and businesses rely upon the Plan to know where public services they seek will be located in the future. Governments use the Comprehensive Plan to guide decisions on where to put public dollars for roads, parks, schools, libraries, and utilities.

## Doesn't the City and County Already Have a Comprehensive Plan?

Yes. The City of Lincoln first adopted a Comprehensive Plan in 1952. The City of Lincoln and Lancaster County have had a combined Comprehensive Plan since 1961.

The current **City-County**



**Comprehensive Plan** was adopted in 1994.

The process we are now doing will examine all elements of the Plan. This process will result in the preparation of an entirely new plan for the City and County by the end of the calendar year 2001.

## How to Stay Involved

The members of the Comprehensive Plan Committee want you to stay informed about their activities and to hear your ideas about the future of the City and County. Options for this include:

- Attending the Committee's meetings.
- Mailing your written comments to the Committee.
- Submitting your ideas through email to the Planning Department at [plan@ci.lincoln.ne.us](mailto:plan@ci.lincoln.ne.us).
- Using the "Community Comment Bulletin Board" on the Planning Department's website at <http://www.ci.lincoln.ne.us/city/plan/cpmr/bboard/index.htm>.
- Participating in one of the "Comprehensive Plan Community Workshops" held periodically through the City and County.
- Calling the Plan's "comment line" at 441-9744 and leaving your comments.
- Using one of the Plan's pre-paid mailers—can be obtained by calling 441-7491.
- Faxing your ideas to the City-County Planning Department at 441-6377.

## Upcoming Working Committee Meetings—Your opportunity to become involved and informed.

Start time for all public meetings is 7:30 a.m.

June 22 Classroom A & B, Police Department  
July 13 Mayor's Conference Room  
July 27 Mayor's Conference Room  
August 17 Mayor's Conference Room  
September 7 Room 113, County-City Building  
September 21 Mayor's Conference Room

October 5 Room 113, County-City Building  
October 19 Mayor's Conference Room  
November 2 Classroom A & B, Police Department  
November 16 Mayor's Conference Room  
November 30 Mayor's Conference Room  
December 14 Mayor's Conference Room (GB)

## "Service Awards" Represent 50 Years!



Virginia Piening and Arlene Hanna were recently recognized for their outstanding service to the University of Nebraska. Combined they represent 50 years of dedication; Virginia (35 years) and Arlene (15 years). Both have been honored by UNL for the quality of work they provide. Virginia, Nutrition Education Program secretary, has received the "IANR Outstanding Employee Award" for office/service staff. Arlene, extension associate, has been recognized as Nebraska Cooperative Extension Association's "Outstanding Extension Assistant."

## Spomer wins 2001 First Lady's Outstanding Community Service Award

Suzanne Spomer receives her community service award from Nebraska First Lady Stephanie Johanns. As an AmeriCorps\*VISTA member, Suzanne has supported numerous educational efforts for youth throughout the community. Through these efforts she has had direct involvement with over 1000 youth. Suzanne enjoys helping youth build assets they need to succeed. (LJ)





# Nebraska-Wide Purple Loosestrife Exchange Program

A purple loosestrife exchange program has been developed in cooperation with



nurseries and garden centers. The details of the program and the current list of participating nurseries and garden centers are on the Nebraska Weed Control Association web page [www.neweed.org](http://www.neweed.org), and the Lancaster County Weed Control Authority internet site [www.ci.lincoln.ne.us/cnty/weeds](http://www.ci.lincoln.ne.us/cnty/weeds).

### What is Purple Loosestrife?

Purple Loosestrife is a tall, woody perennial that invades wetlands. It contributes to habitat loss by out competing native vegetation. Purple loosestrife is a noxious weed

under the Nebraska Noxious Weed Control Act.

Garden varieties, sometimes called Lythrum, cross pollinate with escaped plants to produce viable seeds and may even produce seeds themselves. These seeds can spread to neighboring wetlands.

### How does the plant exchange work?

The goal of the purple loosestrife plant exchange program is to get purple loosestrife and ornamental Lythrum out of flower gardens and reduce the potential for further spread.

Steps:

1. Homeowner contacts Lancaster County Weed Control Authority office at 441-7817 for verification of removal, receives a discount coupon, and then takes the coupon to a participating nursery or garden center; or
2. Bring any Lythrum variety, roots and all, to a participating nursery or garden center with a drop-off site; and
3. Receive a 25% discount on eligible perennial plants up to the number of Lythrum plants removed or number established

by the nursery or garden center.

### Disposal of purple loosestrife.

To prevent further spread of the plants once they are dug up we suggest the following:

1. Place the plants into a doubled black garbage bag. Never use clear bags.
2. Put the bags for garbage pickup and burial in a landfill; or
3. Take the bags to a participating nursery or garden center with a drop-off site.

Do not compost any part of these plants.

### Participating Nurseries and Garden Centers

The current listing of nurseries and garden centers that have agreed to participate in the Nebraska-Wide Purple Loosestrife Exchange Program may be found on the Nebraska Weed Control Association web page at [www.neweed.org](http://www.neweed.org) or the Lancaster County Weed Control Authority internet site [www.ci.lincoln.ne.us/cnty/weeds](http://www.ci.lincoln.ne.us/cnty/weeds). In Lincoln these sites are: (RS)

Name	Location	Drop-off Site
Campbell's Nurseries	7000 S 56 Street	X
Campbell's Nurseries	2342 S 40	X
Earl May Nursery	5555 S 48	
Earl May Nursery	71 & O	
Seeds of Life, Inc	12400 Holdrege	X
Williams Nursery	1742 N 48 Street	



## OSTEOPOROSIS

continued from page 6

desired consistency. Yogurt gives a tangier taste than milk. Or, use a combination of milk and yogurt. Sweeten to taste with a teaspoon or two of sugar, honey or jelly; or, use an artificial sweetener. If desired, add about 1/4 teaspoon vanilla. Drink right away.

You also can freeze small pieces of fresh or canned fruit until solid. Freeze for a few hours or overnight on a cookie sheet or in shallow metal pans—place fruit in a single layer. Chop larger fruits like bananas, apricots, etc. into smaller chunks—about 1/2 to 1 inch. Transfer frozen fruit to freezer bags for later use or enjoy in a smoothie right away!

### Considerations When Taking Calcium Supplements

If you're unable to obtain the recommended amount of calcium from your diet, the following tips will help you achieve the most benefit from calcium supplements. Always read the directions carefully. **Note:** Some supplements may require more than one tablet to achieve the amount of calcium listed in the serving size.

1) **Calcium Carbonate.** This supplement requires acid to dissolve and for efficient absorption. As we age, we may not produce as much stomach acid between meals. It's usually recommended a person take

calcium carbonate at mealtime when the stomach produces more acid.

2) **Calcium Citrate.** This supplement tends to be more expensive than calcium carbonate but doesn't require stomach acid for absorption. It may be taken any time; however, your health care provider may recommend a specific time for you.

3) **Vitamin D.** Choose a calcium supplement with vitamin D unless you're already getting vitamin D from other sources. Consider the recommended Daily Value for vitamin D for your age group. Avoid going over a combined total of 50 micrograms (2,000 IU) from all calcium supplements, vitamin/mineral supplements and foods during the day.

4) **Total Calcium Load at One Time.** Your body can best handle about 500 mg of calcium at one time, whether from food or supplements. Consume your calcium supplements and calcium foods throughout the day rather than all at one time.

5) **Time of Day.** If you take just one supplement, it's probably best to take it in the evening, according to Miriam Nelson. Nelson recommends taking calcium carbonate at dinner time and calcium citrate before bed. This may enhance absorption and utilization.

6) **Absorption.** If your brand doesn't say it has met USP (United States Pharmacopoeia) standards, you may want to give it the vinegar test. (NOTE: Applying for this symbol is voluntary at this time, so there may be many good products that don't carry it.) Put a tablet in a cup of vinegar and stir every 5 minutes. It should dissolve in 30 minutes. If it doesn't, the calcium tablet probably won't dissolve in your stomach, either. Chewable and liquid forms should dissolve well as they're already broken down.

7) **Increase Amount Slowly.** The National Osteoporosis Foundation (NOF) recommends you increase the amount of calcium supplements slowly, starting with 500 mg a day for a week and then gradually adding more. Some types can cause side effects such as gas or constipation for some people. Increasing fluids and fibrous foods (fruits, vegetables, whole grains) may help. If you still have problems, switch to another form of supplement.

8) **Check for Interactions.** NOF advises checking with your physician or pharmacist about possible interactions with other prescriptions and over-the-counter drugs you're taking. For example, calcium supplements

## HANDLING

continued from page 1

If the cooler is only partially filled, pack the remaining space with more ice or with fruit and some non-perishable foods such as peanut butter and jelly and perhaps some hard-like Cheddar cheeses. For long trips to the shore or the mountains, take along two coolers—one for the day's immediate food needs, such as lunch, drinks or snacks, and the other for perishable foods to be used later in the vacation.

Keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk. Limit the times the cooler is opened. Open and close the lid quickly.

Now, follow these food safety tips:

### When Camping...

Remember to keep the cooler in a shady spot. Keep it covered with a blanket, tarp, or poncho, preferably one that is light in color to reflect heat.

Bring along bottled water or other canned or bottled drinks. Always assume that streams and rivers are not safe for drinking. If camping in a remote area, bring along water purification tablets or equipment. These are available at camping supply stores.

Keep hands and all utensils clean when preparing food. Use disposable towelettes to clean hands. When planning meals, think about buying and using shelf-stable food to ensure food safety.

### When at the Beach...

may reduce the absorption of the antibiotic tetracycline. If you take a medicine on an empty stomach, you probably shouldn't take it with a calcium supplement because it could affect the absorption.

9) **Food is Still Important.** Nelson advises high calcium foods also contain other nutrients that are important in the diet. She recommends you don't obtain all your calcium from calcium-fortified orange juice and candies.

### Putting it All Together

To apply this information on calcium and vitamin D:

- 1) List the foods/supplements and the serving sizes you ate yesterday or in a typical day.
- 2) Determine the % DV of calcium and vitamin D they provided, based on the label.
- 3) Adjust the % DV if you consumed a serving size of food different from the amount listed on the label.
- 4) Total your amounts and compare your score to the recommended % DV for your age group.

In assessing your diet, also consider the other dietary factors and supplement usage guidelines that influence your bones. Before leaving the topic, remember weight-bearing exercise, adopting a healthy lifestyle with no smoking or excessive alcohol use, and

Plan ahead. Take along only the amount of food that can be eaten to avoid having leftovers. If grilling, make sure local ordinances allow it.

Bring the cooler! Partially bury it in the sand, cover with blankets, and shade with a beach umbrella.

Bring along moist towelettes for cleaning hands.

If dining along the boardwalk, make sure the food stands frequented look clean, and that hot foods are served hot and cold foods cold. Don't eat anything that has been sitting out in the hot sun—a real invitation for foodborne illness and a spoiled vacation.

### When in the Vacation Home or the RV Vehicle...

If a vacation home or a recreational vehicle has not been used for a while, check leftover canned food from last year. USDA/FSIS recommends that canned foods which may have been exposed to freezing and thawing temperatures over the winter be discarded.

Also, check the refrigerator. If unplugged from last year, thoroughly clean it before using. Make sure all food preparation areas in the vacation home or in the recreational vehicle are thoroughly cleaned.

Source: Adapted from information provided by the U.S. Department of Agriculture Food Safety and Inspection Service (AH)



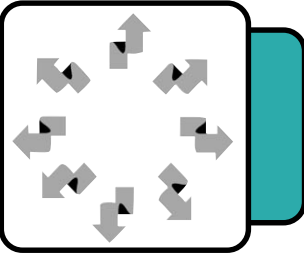
## WATER

continued from page 11

project includes reimbursement to the well owner to cover the remaining costs not paid for by the NRD. Making it FREE!!!!

If you would like your water tested, have a well to be decommissioned, or would like further information about the project, please contact the Norris FFA at 402-791-0001 extension number 3269 or the Lancaster County Extension Office at 402-441-7180.

While we enjoy a tremendous water supply, the supply of clean, safe water can be threatened by human use and activity. Great care is needed to keep our water safe thru maintaining a safe, unpolluted water sources for future generations. (GB)





The NEBLINE

Nebraska Cooperative Extension  
Newsletter  
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 or lancaster.unl.edu for more information.



Gary C. Bergman, Extension Educator–Unit Leader,  
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NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

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Phone numbers & addresses:

- Office (leave message after hours) ..... 441-7180
  - TDD (Telecommunications Device for the Deaf) ..... 441-7180
  - After hours ..... 441-7170
  - FAX ..... 441-7148
  - COMPOSTING HOTLINE ..... 441-7139
  - NUFACTS INFORMATION CENTER ..... 441-7188
  - EXTENSION OFFICE E-MAIL ..... Lancaster@unl.edu
  - WORLD WIDE WEB ADDRESS ..... lancaster.unl.edu
- OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday



NEBLINE  
FEEDBACK

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Story Idea(s) \_\_\_\_\_

Return to:  
University of Nebraska  
Cooperative Extension in Lancaster County  
444 Cherrycreek Road • Suite A, Lincoln, Nebraska 68528-1507

Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

June

- 14 4-H Rabbit VIPS Meeting, ..... 7 p.m.
- 14 4-H Cat Club, ..... 7 p.m.
- 15 Beef, Swine, Dairy Cattle, Goat, Llama, Rabbit & Sheep I.D's Due
- 17 Countryman Arena Grand Opening Horse Show, Event Center, ..... 1 p.m.
- 19-22 Clover College
- 19-22 District 4-H Horse Shows-West
- 21 Fair Board Meeting, ..... 7:30 p.m.
- 25 FCE Council Meeting, 5010 Sugar Creek Road
- 26-29 District 4-H Horse Shows-East
- 26 4-H Pet Pals Club Meeting, ..... 7 p.m.
- 27-29 ExpoVisions

July

- 6 County and State Fair entries due
- 10 Sizzling Summer Sampler, ..... 6 p.m.
- 11 4-H Horse VIPS Committee Meeting, Event Center, ..... 7 p.m.
- 12 4-H Table Setting Contest, ..... 5:30 p.m.-Event Center
- 12 4-H Rabbit VIPS Committee Meeting, Event Center, ..... 7 p.m.
- 13 Extension Board
- 15-19 4-H State Horse Expo, Grand Island Fonner Park
- 18 4-H Family Consumer Science Judging Contest, ..... 1 p.m.
- 18 4-H Horticulture Contest, ..... 10 a.m.- noon
- 20 4-H Demonstration Contest, ..... 1 p.m.
- 23 Superintendents Meeting, Event Center, ..... 7 p.m.
- 24 4-H Horse Pre-fair Briefing, Event Center, Pavillion II ..... 6:30 p.m.
- 25 4-H Style Revue Judging-First Lutheran Church-1551 S. 70<sup>th</sup>
- 26 Food Booth Training, ..... 6-7 p.m.-Event Center
- 31 Style Revue Public Show, ..... 7 p.m.-Event Center

Insects, Spiders, Mice and More

Use the office web site to get the information you need on pests and wildlife found in and around homes in Lancaster County. You have access to reliable information 24 hours a day/seven days a week. Visit <http://lancaster.unl.edu/enviro/pest/bug.htm>



- ants
- antlions
- aquatic insects
- bats
- beavers
- bees and wasp
- beetles and bugs
- birds
- centipedes and millipedes
- cockroaches
- crickets
- earthworms
- fabric pests
- fleas
- flies, gnats, and mosquitos
- grasshoppers
- insects as food

- insects in firewood
- human lice
- mice and rats
- moles
- pantry pests
- pest proofing
- sowbugs and pillbugs
- rabbits
- snakes, turtles, frogs, and lizards
- springtails
- squirrels
- termites
- ticks and Lyme disease
- voles
- wildlife damage and disease
- woodchucks (SC)



EQUIPMENT

continued from page 4

parts completely. Then fill the tank, close and let it stand for 24 hours before spraying out and rinsing again with water. Activated charcoal can be used after the preliminary rinsing to decontaminate the sprayer. A three percent suspension absorbs the 2,4-D. Agitate the suspension for two to three minutes and drain, then rinse thoroughly with clear water. Following some of the newer post-emergent herbicides that are used in very low amounts (ounces) per acre, the tank should be flushed with clean water, then flushed two times with the water plus

household ammonia mixture described above, and finally rinsed a fourth time with clean water. Flush through boom and hoses, allow to sit for 15 minutes with agitation, then drain. Finally clean all nozzles, screens, and strainers before storing the sprayer. Fill the pump with a good rust-inhibiting automotive antifreeze or remove it, drain, and fill it with oil and store in a heated area, if possible. Store the remainder of the sprayer out of direct sunlight, if possible, to reduce ultra-violet deterioration of rubber hoses and other components. (TD)

BIO-SECURITY

continued from page 4

all livestock operations not only when there is a Foot and Mouth Disease (FMD) scare, but **all of the time**. If all of the livestock operations in the United States had proper bio-security measures, FMD, Psuedorabies, and many other livestock diseases would not be as threatening because producers would be confident in their ability to secure their animals. For more information on bio-security for livestock operations, please contact Lance Cummins-Brown, extension educator, by phone at 441-7180 or by e-mail at lbrown4@unl.edu. (LCB)